

Workplace Wellness Accreditation online checklist

Run through this short checklist to see if your organisation meets minimum wellness standards

	Yes	No
1. Have you got a health and safety policy in place?		
2. Is it reviewed and where necessary updated at least once a year?		
3. Are new staff members made aware of this when they start work and / or as part of their induction?		
4. Do you have an easily accessible First Aid kit available?		
5. Is this checked and stocks replenished at least every 6 months?		
6. Have staff members got adjustable office chairs, plus access to the instructions detailing how to adjust them?		
7. Are there blinds on the windows to avoid glare on desks and computer screens?		
8. Have all staff received a workplace assessment, attended a training session or been directed to an online tutorial on how to set up their workstation correctly?		
9. Is there somewhere for people to eat lunch away from their desks?		
10. Is there a water cooler or access to clean drinking water?		

Congratulations on taking the first step to ensure that your workplace is a healthy one.



Keen to keep improving your workspace health?

[Book an assessment](#) and take your workplace to the next level.

Find out more about the [Workplace Wellness Accreditation](#) programme.